Smart Snacks in School

Examples of Allowable Products		
Yoplait	Yogurt Simply Go-Gurt Strawberry	10% calcium & vit. D., 14% sugar
Kelloggs	NutriGrain Cereal Bar, Blueberry (or Strawberry, Apple Cinnamon)	21% fat, 2.8% sat. fat, 34% sugar
Frito Lay	Tostitos Oven Baked Scoops	whole grain, 20% fat, 3.75% sat. fat
Smartfood, Inc.	Smartfood Delight White Cheddar Popcorn	whole grain, 35% fat, 6.9% sat. fat, sodium OK
Minute Maid	Apple Juice, 10 oz. bottle	only for middle & high school
Yoplait	Original Yogurt Blueberry, 6 oz.	9% fat, 7.9% sat. fat, 15% sugar
Land o Lakes	Reduced Fat Mild Cheddar Cheese Cubes	sodium 190
General Mills	Larabar Apple Pie	Almonds, apples, walnuts & raisens
Pepperidge Farm	Cheddar Goldfish made with whole grain	whole grain, 30% fat, 9% sat. fat
Kellogg's	NutriGrain Soft Bakes, Banana Muffin	whole grain, 35% sugar
Land o Lakes	Mozzarella String Cheese Stick	low-fat cheese
Quaker	Chewy Peanut Butter Chocolate Chip Bar	whole grain, 25% fat, 9% sat. fat, 29% sugar
Pillsbury	Chocolate Chip Mini Muffins	whole grain, 33% fat, 6% sat. fat, 20% sugar
Kellogg's	Nutri-Grain Raspberry	25% fat, 3% sat. fat, 32% sugar
Kirkland	Real Sliced Fruit Strawberry Banana	fruit with citric acid to preserve color
Frito Lay	Lay's Oven Baked Original Chips	16% total fat, 7% sugar
Kellogg's	Special K Nourish Cranberry Almond	21% fat, 2% sat. fat, 23% sugar
Pepperidge Farm	Goldfish made with Whole Grain Pretzel	whole grain, 16% fat
Frito Lay	Nut Harvest Nut & Fruit Mix	nuts, sugar for processing cranberries
General Mills	Chex Mix Honey Nut Sweet & Salty snack	not whole grain
Pepperidge Farm	Goldfish Physedibles Baked Animal Crackers - Strawberry	whole grain, 29% fat, 7% sat. fat, 24% sugar
Frito Lay	Tostitos Crispy Rounds Reduced Fat 7/8 oz (24.8 g)	Whole corn/whole grain, 33% fat, 3% sat. fat, sodium OK, 0 g sugar

Alliance for a Healthier Generation: Calculator: https://schools.healthiergeneration.org/focus_areas/snacks_and_beverages/smart_snacks/product_calculator/

Alliance for a Healthier Generation Product Navigator: https://schools.healthiergeneration.org/resources__tools/school_meals/product_navigator/ School Nutrition Association: Smart Snack Resources: http://www.schoolnutrition.org/Content.aspx?id=20019

General Mills: http://www.generalmillsfoodservice.com/~/media/Files/Industry-Resources/K12/exploring-products/nutritious-snacks-drive-revenue.ashx **A-List - Acceptable competitive foods and beverages in Massachusetts schools:** http://www.johnstalkerinstitute.org/alist/alist.pdf